

Issue 28  
January 2019



**The newsletter for children and young people with disabilities and additional needs in Cardiff and the Vale of Glamorgan**

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# Happy New Year!

**I hope you've had a lovely start to your year so far, and enjoy the first newsletter of 2019, and the 28th issue of The Index.**



A warm welcome to all of our readers, and an especially warm welcome to those of you who have joined us since the autumn newsletter!

So, what's been happening since the last edition?

We've been to lots of schools throughout autumn term and have met lots of lovely families at sessions across Cardiff and the Vale.

We continue to attend Noah's Ark, Llandough and St David's Children's Centres every month to meet families and discuss the support available.

Myself and colleague Becky Wickett were kindly nominated for awards in the 25th Understanding Disability Awards (read more on page 12).

In Cardiff, we have run workshops on The Index for those in the Education Welfare Service and Youth Service.

In the Vale, we have attended the launch of Vale Parenting Service and Vale Youth Wellbeing Service (page 12), as well as hosting 500 families at our FIS Christmas Party in Barry Memo!

In line with changes to ALN legislation, we are piloting The Index up to the age of 25 years for existing families, and will be contacting those of you who have a young person turning 18 to find out if you would like to remain registered with us.

Our Regional Annual Report is now live on our webpages, so visit your local FIS website for our new look infographic!

We are excited to see what 2019 will bring, and hope you are too!

Happy Reading!

**Julia Sky**

Regional Index Officer, Cardiff and Vale)

As always, we would love to hear from you if you are a family or professionals with a story to share with us, or an event you would like us to come along to! All you need to do is contact your local Family Information Service.

## Your Local Family Information Service

Your Local Family Information Service is a one-stop shop for families who need information on childcare, activities for children and young people and family support services. You can contact us directly, visit our website where you can search our online directory, and visit our social media pages:

### Vale Family Information Service

**01446 704704**

**[fis@valeofglamorgan.gov.uk](mailto:fis@valeofglamorgan.gov.uk)**

**[www.valeofglamorgan.gov.uk/fis](http://www.valeofglamorgan.gov.uk/fis)**

  **@ValeFIS**

### Cardiff Family Information Service

**029 2035 1700**

**[fis@cardiff.gov.uk](mailto:fis@cardiff.gov.uk)**

**[www.cardiff-fis.info](http://www.cardiff-fis.info)**

  **@CardiffFIS**

**The Index is funded by Welsh Government's Families First Grant**



# What's On:



## Mondays

**Cardiff Early Years Inclusion, Come and Play Session** (see page 7)  
Mondays, 1.15pm – 2.30pm

**Cardiff City Wheelchair Football**  
(see page 9) Mondays 5.30pm – 6.30pm

## Tuesdays

**Cardiff Early Years Inclusion, Come and Play Session** (see page 7)  
Tuesdays, 9.30am – 10.30am

**KeyCreate Inclusive Stay and Play Group** (see page 7)  
Tuesdays, 10am - 12pm

**Vale Carers Drop In Session** (see page 5)  
Every Tuesday, 1pm – 4pm

## Wednesdays

**KeyCreate Inclusive Stay and Play Group** (see page 7)  
Wednesdays, 10am - 12pm

**Cardiff Early Years Inclusion, Come and Play Session** (see page 7)  
Wednesdays, 1.15pm – 2.30pm

**Vale Adaptive Cycling** (see page 10)  
Wednesdays, 1pm – 5pm

**Hijinx Telemachus** (see page 11)  
Wednesdays, 6pm – 8pm

## Thursdays

**Cardiff Early Years Inclusion, Come and Play Session** (see page 7)  
Thursdays, 1.20pm – 2.30pm

**Vale Youth Speak Up**  
Thursdays, 5.30pm – 7.30pm  
Castleland Community Centre, Barry  
01446 732926 / movingonwell@gmail.com

**Better than a Booklet Coffee Morning**  
Thursday 31 January, 28 February & 28 March, 10am – 12pm  
029 2034 7067 / Action for Children, CF11 9DN

## Fridays

**Cardiff Early Years Inclusion, Come and Play Session** (see page 7) Fridays, 9.30am – 11am

**Vale Adaptive Cycling**  
(see page 10) Fridays, 1pm – 5pm

**Cardiff City PAN Disability Football**  
(see page 9) Fridays 5.00pm – 6.00pm

## Saturdays

**Home Bargains Quiet Hour** (see page 6)  
Saturdays, 9am – 10am

**Oshi's World - Let's Play Sessions**  
Saturdays, 10am - 1pm  
Byrd Crescent Community Centre, Penarth  
anna@oshisworld.org

## Sundays

**Cardiff City PAN Disability Football**  
(see page 9) Sundays 9am – 10am

## Holiday Schemes:

**Vale Families First Holiday Club** (see page 8)  
Wednesday 27, Thursday 28  
February & Friday 1 March



**Vale Inclusive Youth Provision – Teenscheme** (see page 8)  
Thursday 28 February and Friday 1 March,  
10am – 3pm

## Events

**Parents Federation's Social Gatherings**  
(see page 13)

**Young Carers Awareness Day**  
(see page 4) Thursday 31 January

**Wonder Film Screening and Talk**  
(see page 15) Thursday 7 February,  
5.30pm - 8.30pm

**Your Rights, Direct Payments and the Act**  
(see page 5)  
Monday 25 February, 10am – 1pm

**Whizz Kidz Information Hub** (see page 15)  
Thursday 7 March, 2pm – 6pm

# Young Carers Awareness Day

## Each year Carers Trust organises Young Carers Awareness Day.

The purpose of the day is to raise public awareness of the challenges faced by young people because of their caring role, and to campaign for greater support for young carers and their needs.

This year's Young Carers Awareness Day will take place on Thursday 31 January 2019. This will be our fifth official Young Carers Awareness Day and we aim to continue identifying young carers and raising awareness of the vital role that they play in supporting their sick and disabled family members.

This year, for Young Carers Awareness Day on 31 January 2019, we are focusing on the theme of mental health – linking in with our



**#CareForMeToo** campaign. **#CareForMeToo** is a new Carers Trust campaign that aims to raise awareness about mental health and improve support for young carers.



The pressures of caring can lead to mental health problems, anxiety and stress. That's why we are asking for more support for young carers and their wellbeing.

In Wales, you can support Carers Trust Wales' work with Welsh Government to deliver a national Young Carers ID card as part of marking Young Carers Awareness Day 2019.

**For more information, please contact [wales@carers.org](mailto:wales@carers.org)**

## Website and Guidebook for Young Carers

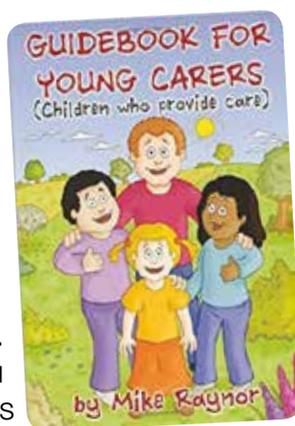
**This website and the book 'Guidebook for Young Carers' were designed to provide advice for young carers.**



They were created by an adult called Mike, who is now a married man and a father, but when he was a child he was a young carer. He found being a young carer very difficult and experienced a range of emotions including sadness, loneliness, frustration and anger. Therefore he would like to pass on advice to help present day young carers. He does not have any formal qualifications in child care; his opinions are based on real life experiences. He hopes you find the website and book useful.

"I would like to share some resources I have created to help young carers. I was a young

carer when I was a child, and I have used my experiences to inform a book I have published called '**Guidebook For Young Carers**'... I have released three YouTube videos which summarise my experiences of being a young carer and describe my book... I would really appreciate if you could mention these resources to others. It would also be great if people could like my Facebook page so they will see my posts."



**Mike Raynor**

**[youngcarer.info](http://youngcarer.info)** (Website which contains all the content as free readable blogs)

**f 'Guidebook for Young Carers'**

# All Wales Forum of parents and carers of people with learning disabilities

The All Wales Forum (AWF) brings a national voice and recognition to parents and carers of children and adults living with learning disabilities in Wales.



service planning and policy development – enabling and supporting carer groups and individuals to be fully included in their communities and central to policy and planning processes.



[www.allwalesforum.org.uk](http://www.allwalesforum.org.uk)

  @AllWalesForum

We advocate for the rights of family carers to be heard as equals in

## ‘Your Rights, Direct Payments & the Act’

**Do you know what rights you as carers have under the Social Services and Well-being (Wales) Act? Join the AWF for a free event that will focus on how this Act gives families more rights in Wales which you should be aware of.**

We invite parents & carers of people with learning disabilities to this free event to learn what rights YOU as carers are entitled to under the Social Services & Well-being (Wales) Act.

We will explain what Direct Payments are, how you can use them & explore how families in receipt of Direct Payments across Wales have used them to create or access a service tailored for their needs.

Monday 25 February 2019, 10am-1pm

Glamorgan Archives, Clos Parc Morgannwg, Leckwith, Cardiff, CF11 8AW

Free Tea, Coffee and Refreshments

Free Parking

**If you are interested in attending this event or would like to know more please contact Grace on 02920 811 120 or email [grace@allwalesforum.org.uk](mailto:grace@allwalesforum.org.uk)**

## Carers Drop In – Vale of Glamorgan

**Do you look after a child or young person with additional needs?**



**Call in for free information, support and a carers assessment**

**Every Tuesday, 1pm – 4pm  
Dock Offices, Barry, CF63 4RT**



**Ask for Family Information Service at Reception**

**Call 01446 704704 for further details**

**“I feel less isolated as a result”  
– Aberystwyth**

**“Reinforces fighting for our rights as carers”  
– Wrexham**

**“Very informative and great for information sharing - have learnt a lot today!” - Cardiff**

# Home Bargains Quiet Hour

Home Bargains is bringing in a 'quiet hour' every Saturday morning between the hours of 9am and 10am, the music inside Home Bargains will be turned off and the in-store tannoy system will only be used in an emergency.



for people with autism, especially at this time of year.



We have created the quieter and calmer environment to enable all of our customers to have an enjoyable and relaxing shopping experience.

We will continually assess where we can support each and every one of our five million weekly shoppers, whatever their situation."

**Joe Morris, Operations Director**

"We have introduced the Quiet Hour to add a peaceful element to retail therapy.

Home Bargains stores can be busy places, which can be potentially overwhelming

# Happy Little Helpers – Asda

Happy Little Helpers Shopping Lists are designed to keep children interested and engaged during shopping trips.



Visit [www.asda.com](http://www.asda.com) for a list of all UK stores taking part!



The colourful shopping list shows a range of items such as bread, milk and fruit that children can tick off once they have been added to your trolley.

These handy Happy Little Helpers shopping lists are now available in more than 300 of Asda's larger stores to make trips to the supermarket more accessible for children with additional needs.

Asda stores taking part in the Happy Little Helpers scheme include: Barry, Bridgend, Cardiff Bay, Cardiff Coryton, Cardiff Leckwith, Newport and many more!

Each store has ten of the Happy Little Helper shopping lists – just ask colleagues at the customer service desk for the list when you arrive at the store.



# Cardiff Early Years Inclusion Service

**Come and Play!**

**Is your child not meeting their milestones?**

**Are you concerned about your child's development?**

**Does your child have an identified additional need?**



Come along to our Early Years Inclusion Parent Group for advice and support from professionals from Health and Education.

Mondays 1.15pm – 2.30pm, Howardian Primary School

Tuesdays 9.30am – 10.30am, Ely and Caerau Children's Centre

Wednesdays 1.15pm – 2.30pm, Grangetown Nursery School

Thursdays 1.30pm – 2.30pm, Ysgol Gymraeg Pwll Coch

Fridays 9.30am – 11am, Tremorfa Nursery



Groups are free of charge and run during term time

**For more information contact 029 2067 1466**



## KeyCreate Family Playgroup

**Come along to our happy playgroup for babies and children with disabilities and additional needs, their families, carers, friends, and any families who would benefit from a warm and welcoming community.**



Drop in session with music and sensory workshop. Run by specialists in creative arts, disability, play and education.



Cake, a cuppa and a warm welcome guaranteed.

Session and refreshments free of charge but donations appreciated.



**Penarth:**

KeyCreate Penarth has moved! Glyndwr Community Centre, Glyndwr Road, Penarth, CF64 3ND Every Tuesday 10am-12pm



**Cardiff:**

Ocean Arts Centre, Unit 2 East Moors Business Park, East Moors Road, Cardiff, CF24 5JX Every Wednesday 10am-12pm

**Any problems or questions call Dave 07810018165 or Ellie 07919661176, email [dave@keycreatewales.co.uk](mailto:dave@keycreatewales.co.uk) or follow on [f @keycreatewales](https://www.facebook.com/keycreatewales)**

**\*Coming soon..... KeyCreate After School Club! Keep in touch for more information\***



# Vale Families First Holiday Club



**Playscheme for 4 – 11 years living in the Vale.**

Wednesday 27, Thursday 28 February and Friday 1 March, 10am – 3pm

Ysgol Y Deri, Sully Road, Penarth, CF64 2TP

£10 per day, lunch is not provided so please make sure you bring lunch and drinks with you.

Playscheme can offer 1:1 support where required

Medical support and personal care needs must be discussed when booking a place as this can be arranged but is not always available

**For more information or to book a place please contact Joanne Jones, Play Development Officer:  
01446 704809  
playdevelopment@valeofglamorgan.gov.uk**



## Vale Inclusive Youth Provision

**Teenscheme is run by Vale People First at Byrd Crescent Community Centre in Penarth.**

Teenscheme is a holiday provision for young people aged 12 to 18 years with additional needs, offering informal respite for families during the school holidays. Activities include workshops, arts and crafts, sports, music and trips.

There is a suggested donation of £5 per child per day and a packed lunch will need to be provided.

Thursday 28th February & Friday 1st March,



10.00am-3.00pm

Byrd Crescent Community Centre, Penarth, Vale of Glamorgan, CF64 3QU

**An 'All About Me' Book needs to be completed if it's your first time attending. Please contact Vale People First: 01446 732926 / movingonwellgmail.com**



# Find Out About Disability Sport in Your Area

Disability Sport Wales is a joint initiative between Sport Wales, the Federation of Disability Sport Wales and local authorities. Our aim is to develop quality community based sporting opportunities for disabled people in Wales.



## Vale



**Simon Jones,**  
Disability Sport Wales  
Development Officer.  
01446 704728  
sljones@valeofglamorgan.gov.uk



## Cardiff



**Joanna Coates-McGrath**  
Disability Sports  
Co-ordinator  
029 2020 5284  
jcoates-mcgrath@cardiffmet.ac.uk



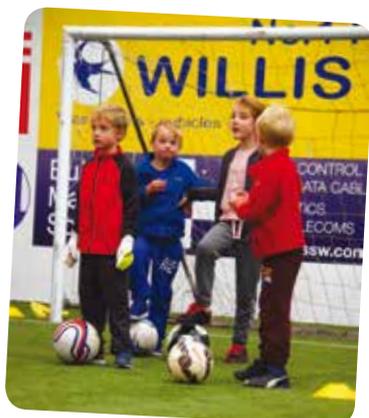
# Cardiff City FC Foundation

**Cardiff City FC Foundation are committed to providing PAN disability sessions, running weekly throughout school term time, with most impairment groups playing in the monthly PAN Disability League, which caters for all impairment types.**



Funding from Children in Need enables us to continue delivering in Special Schools in Cardiff and RCT and across our Impairment Specific sessions for the disabled communities in South Wales - many of which are the only impairment specific sessions run in Wales. This is achieved by contributing towards wages for members of staff involved with the project.

The sessions themselves not only focus on improving physical health



and skills, but they also try to increase social interaction, social circles and their confidence to get involved with new sports and activities outside of our weekly sessions. Children in Need's support has enabled us to provide the entirety of this project for free.

Join us for disability football sessions in 2019

### Wheelchair Football

Mondays 5.30pm – 6.30pm, Fitzalan High School Sports Hall, CF11 8XB

### 16+ PAN Disability Football

Fridays 5.00pm – 6.00pm, Heath Park 3G, CF14 4EP

### U16s PAN Disability Football

Fridays 5.00pm – 6.00pm, Heath Park 3G, CF14 4EP

### U12s PAN Disability Football

Sundays 9.00am – 10.00am, House of Sport, CF11 8AW

**For more information, or to register, please visit: [www.cardiffcityfcfoundation.org.uk](http://www.cardiffcityfcfoundation.org.uk)**

**#OurClubChangesLives**



# Pedal Power

**Pedal Power is a charity based in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling. We strive to remove the barriers to cycling that many people face and work to a key set of values.**

Cardiff Pedal Power provides a range of services and provision all aimed at enabling all to enjoy the benefits of cycling, social inclusion and health and wellbeing activities.

We provide a range of adaptable bikes to enable people with any ability or disability to cycle, from two wheel bikes to three wheels and more!

**Cardiff Bay Bike Hire,  
Cardiff, CF10 4PA**

Open every weekend and school holidays, 11am – 6pm

**Pontcanna Centre, Off  
Dogo Street, Cardiff,  
CF11 9JJ**

Open 7 days a week, fifty weeks of the year.  
October to March 9am – 4pm  
April to September 9am – 6pm



**Contact Us:  
029 2039 0713**

**reception@cardiffpedalpower.org  
www.cardiffpedalpower.org**



## Vale Adaptive Cycling Club

**Grab a bike and come for a spin around the stadium track!**

The Club operates on Wednesdays and Fridays, 1-5pm from March through to September. We have numerous specialist bikes, trikes and tandems, enabling children and young people with varying disabilities or limited mobility, to access and enjoy the exhilaration of cycling.

There is a suggested donation of £2.

**Every Wednesday & Friday  
from March through to  
September, 1-5pm  
Jenner Park Stadium,  
Barry, CF63 1NJ**



## Team Sky and Frog Bikes

**Team Sky and Frog bikes are available for children with Autism from ages 4-12 years old.**



A fast and fun experience, giving children freedom and independence. No need to book, just come along with an adult. There is a suggested donation of £2.

**Every Wednesday & Friday from April through to September, 1-4pm  
Jenner Park Stadium, Barry, CF63 1NJ**



**For more information contact:  
01446 420533 / 07969 110 267  
chayes89@btinternet.com  
valecycleclub@outlook.com**

# Hijinx

**We are a professional theatre company, based in the Wales Millennium Centre in Cardiff, who make provocative and contemporary theatre, which we tour throughout the UK and Internationally.**



Hijinx productions always include actors with learning disabilities and the ability of these effortlessly talented performers is at the heart of every performance.

This inclusive style of theatre highlights the skills and raw talent of people who are often overlooked in today's society and provides them with a platform to create and perform stunning theatre alongside actors without disabilities.

Training actors with learning disabilities to perform at a professional level is also at the heart of our mission. For this reason, we have established Hijinx Academies, the only professional performance training in Wales for actors with learning disabilities.

Hijinx currently trains more than 70 actors (aged 18+) with a range of impairments including: Downs Syndrome, Autism and Asperger's Syndrome through academies in Cardiff, Carmarthen, Aberystwyth and Prestatyn.



## Hijinx Telemachus – Youth Based Theatre

**Hijinx Telemachus is a Cardiff based youth theatre which celebrates each member as an individual and creates work from their own strengths.**

Meeting every Wednesday 6-8pm in the Tabernacle (The Hayes) during term time, we welcome young people aged 16-24 who are keen performers. We work to support participants to find fun in working together, with a common, creative goal.

With fun and exploration at the heart of the

group, Telemachus already have performances for young people lined up in 2019, including RAWFest, Wales' Arts Festival.

**If you're interested in a free taster session for Telemachus, email  
Jon.Dafydd-Kidd@hijinx.org.uk**

**Hijinx, Wales Millennium Centre,  
Bute Place, Cardiff Bay, Cardiff, CF10 5AL,  
Wales. UK**

**029 2030 0331 / info@hijinx.org.uk  
www.hijinx.org.uk**



CANOLFAN  
MILENNIUM  
CYMRU  
WELSH  
MILLENNIUM  
CENTRE



# Understanding Dis

The Understanding Group of Cardiff & the Vale Parents Federation celebrated its 25th Anniversary this year. The 25th Annual Awards were presented at a ceremony held at the Future Inn in Cardiff Bay on Thursday, 8 November 2018 by Councillor Diane Elizabeth Rees, Lord Mayor of Cardiff, and Councillor Leighton Rowlands, Mayor of the Vale of Glamorgan Council.

Mike Lewis, Grants Manager from the Lloyds Bank Foundation spoke about how the Foundation has supported the work of small charities which work with people with learning disabilities in Wales.

As part of the 25th Annual Celebrations, the group made two Special Awards:

## The 25th Birthday Special Award

was presented to Steve Thomas of ValePlus which provides day activities for people with learning disabilities in the



Vale of Glamorgan. Steve has fostered links with other organisations, promoting training and work placements to local schools, nursing and the police.

## The Lifetime Achievement Award

was made to Pauline Young MBE, a Parent of a person with a learning disability for representing and speaking up on behalf of families



of people with learning disabilities over many years. Pauline is Chair and Trustee of the All Wales Forum of Parents and Carers, a Trustee and former Chair of the Cardiff & the Vale Parents Federation.



Certificates of Recognition were presented to all those who were Shortlisted including three colleagues from the Vale of Glamorgan Council namely: Joanne Jones, Play Development Officer; Julia Sky and Becky Wickett from the Family Information Service.



Other Awards were:

## Volunteer Category: A Joint Award

was made to Joshua Watkins of Rhoose and Kat Williams of Cardiff. Joshua has a learning



disability and volunteers at the Rhoose Homework Club supporting children in sport and physical activity sessions. Kat Williams volunteers at the Autism Puzzles Charity using her experience to write articles and blogs and deliver Autism awareness training to local play centres and schools.

Lisa Edwards of 10th Barry Guides was Highly Commended.

**The School Category Award** to Willows High School, Cardiff for supporting a child with a learning disability during the critical period of transition from primary to secondary school.

**Jointly Highly Commended** were Romilly High School of Barry and Andrea Spracklen, a Learning Support Assistant from Maesteg School, Bridgend.

# ability Awards 2018

**The Employer Category Award:** to Woodville Road Nursery, Cardiff for employing a young person with a learning disability.

**The Professional Category:** to Christian Vaughan-Morris, a Social Worker from the Cardiff Council Learning Disability Team for the advice, support and compassion given to one family, over and above his line of duty. Karen Barker of Cardiff Council's Play Services Department was highly commended.

**The Local Group /Organisation Category Award** to conFUSION and Fusion Dance Groups, run by Rubicon Dance. The dance groups comprise of young people with learning disabilities who then progress to produce their own shows which are performed in public. Autism Puzzles Cymru were highly commended in this Category.

**The Children's Category Award** to Oshi's World, a small children's charity for running a variety of accessible sensory and play sessions for children with disabilities.



**A Special Appreciation Award** was made to Norbert Flynn for his outstanding contribution in promoting inclusion. Not only has he been Chair of the Understanding Disability Group for 25 years, but he is also a Trustee of the Cardiff & Vale Parents Federation and the All Wales Forum as well as the founding member of the Friendly Trust.

The event concluded with performances from the Riverbank School Choir, the Woodlands High School 'ABC' Dance Group and the 'Upbeat Performers'.



On behalf of the

Understanding Disability Group and the parents and carers of the Parents Federation, we would like to thank all those who



helped to make the event a great success, our funders and the many unsung heroes in the midst of our communities who everyday make the effort to include and involve disabled people in everyday life.

**If you would like to nominate someone for the Understanding Disability Awards 2019, please contact Hasina Kaderbhai at the Parents Federation on 029 2056 5917 or email: [Hasina@parentsfed.org](mailto:Hasina@parentsfed.org)**

## Time for Carers - February 2019 Social Gatherings

Tuesday, 5, 12, 19, 26, 10.30 - 11.30, at the Mentor Ring, Butetown Community Centre, Cardiff Bay

Wednesday, 13, 1.00, Yoga at Sbectrwm

Wednesday, 20, 12.00 - 2.00, Pedal Power, Cardiff

Thursday, 14, 12.00 - 2.00, Valentine's Day lunch

Thursday, 21, 11.00, Mixed Ability Dance Class, Park View Cafe Community Hall, Canton, Cardiff

Friday, 1, 8, 15, 22, 10.00 - 12.00, drop-in session, Parents Federation, Cardiff

**Social Gatherings:**  
[admin@parentsfed.org](mailto:admin@parentsfed.org) / 02920 565917

**Time For Me:**  
[alison.johnston@touchtrust.co.uk](mailto:alison.johnston@touchtrust.co.uk)

**General Enquiries:**  
[connectedcarers@gvs.wales](mailto:connectedcarers@gvs.wales) / 01446 741706



# Vale Parenting Service

**We support families with children between 0-18 across the Vale of Glamorgan in order to build on strengths and make positive changes, enabling parents to feel more confident in managing; behaviour, routines and boundaries.**



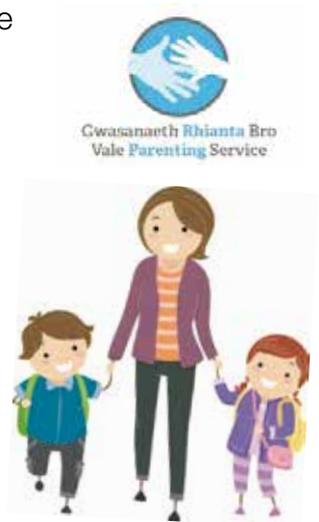
We also focus on promoting emotional wellbeing and supporting positive family relationships.

We deliver parenting programmes in a group setting, or offer a 1:1



bespoke intervention in line with what the family see as the focus of support required.

Parenting programmes include; Welcome to the World, Baby's First Year, Nurturing Programme, Handling Children's Behaviour, Handling Teenage behaviour, Talking Teens and STEPS.



**Please contact the Families First Advice Line on 0800 0327 322 to be referred to the Vale Parenting Service.**

# Vale Youth Wellbeing Service

**The Families First Youth Wellbeing Service is a Welsh Government funded project based on a multi-agency approach for supporting young people.**



The Youth Wellbeing Service offers targeted support for young people who have faced adverse childhood experiences which are significantly affecting their social and emotional wellbeing. The main focus will be supporting young people from ages 10 to 16 years in the Vale of Glamorgan.

The project will be taking referrals through the Families First Advice Line - **0800 0327322**.

**The service aims to:**

- Improve social and emotional wellbeing.
- Increase confidence and resilience.

- Empower young people to become active and productive participants in society.
- Improve the life chances of young people.
- Build the capacity of young people to consider risk, make reasoned decisions and take control.
- Develop positive attitudes, behaviour and aspirations.
- Develop the ability of young people to manage personal and social relationships.
- Prevent needs from escalating.
- Protect young people from the damage caused by exposure to ACEs and other similar experiences.



**For further information about this project please contact Kate Welsh, Senior Families First Youth Mentor: 01446 709401 / [kwelsh@valeofglamorgan.gov.uk](mailto:kwelsh@valeofglamorgan.gov.uk)**

# Whizz-Kidz

**Whizz-Kidz is a charity that supports young wheelchair users up to the age of 25 through a number of free services:**

Whizz-kidz

- Funded Mobility Equipment
- Wheelchair Skills Training
- Youth Clubs
- Employability Training
- Work Placements
- Residential Camps
- Volunteering Opportunities

You are invited to attend a Whizz-Kidz Information Hub near you!

Come and find out how Whizz-Kidz can support you.



Drop In at one of the following locations:

### **Cardiff**

Thursday 7 March, 2pm – 6pm  
Ty Gwyn School, Vincent Road, CF5 5AQ

### **Bridgend**

Thursday 4 April, 2pm – 6pm  
Bridgend College, Cowbridge Road, CF31 3DF

**For more information contact Jayne on 07867 128 154**

## Film Screening of Wonder & Public Talk



**Join us for a FREE film screening of Wonder, based on the New York Times best seller.**



Wonder is the story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream school for the first time. Hear a talk highlighting the effect of rare skin conditions on patients and families.

This event is FREE but you must register to attend via Eventbrite

**For further information:**  
<https://bit.ly/2Quw3eJ>  
[walesgenepark@cardiff.ac.uk](mailto:walesgenepark@cardiff.ac.uk)  
**02920 746940**

**Thursday 7 February 2019, 17.30 - 20.30**  
**Haydn Ellis Building, Maindy Road, CF24 4HQ**



# Sleep Support

## Cerebra Sleep Service

We understand how difficult it can be to get a good night's sleep so we have a team of sleep practitioners who can give you advice and guidance.



We can support you with the sleep problems such as;



- Refusing to go to bed
- Difficulty going to sleep
- Not wanting to sleep alone
- Waking up during the night
- Waking up early

You can call us for your child's specific sleep problem. Our sleep guide, cards and other resources are packed full of information and advice that could help you get a good night's sleep. If you run a parent group one of our workshops might be just the thing you're looking for.

The first step is to fill in the referral form on our website to let us know a little bit about your child's sleep problem. Then we'll send you a sleep pack to fill in. When we receive your completed sleep application and diary you will be assigned a sleep practitioner. They'll then arrange a telephone consultation with you and will give you support over the phone.

**If you have a question about our Sleep Service, then you can contact our team and we will respond to your enquiry as soon as we can:**

**01267 244210**  
**sleep@cerebra.org.uk**  
**www.cerebra.org.uk**

### Disclaimer

The majority of organisations included in this newsletter are not managed or run by the City of Cardiff Council and Vale of Glamorgan Council. The newsletter has been compiled in an effort to assist you in contacting services. The City of Cardiff Council and Vale of Glamorgan Council cannot be held liable for the services provided by any external organisation named in this newsletter and cannot be held liable for any damage or loss caused by any inaccuracy in this newsletter, nor for the actions of any of the external organisations listed.

The listing of an organisation in this newsletter does not imply that the City of Cardiff Council and Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.

## Tired Out

Tired Out is Family Fund's sleep support hub for families raising disabled and seriously ill children to find help and information about sleep issues.



The hub was created by Family Fund in partnership with charities such as Scope, National Autistic Society and Contact a Family to provide information about bedtime routines, sensory influences, and much more.

- Find out about sleep services in your area.
- Take a look at our sleep tips to find out about anything from routines and diaries to sleep food and bedroom environment.
- Read academic research papers and articles relating to sleep problems among children with assorted difficulties, disabilities and/or additional needs.
- Read stories from families with similar experiences to your own, and then join in the conversation on our facebook page.

**If you have anything you would like to add to the site or have questions or queries, please email our Tired Out team:**

**tiredout@familyfund.org.uk**

**www.tiredout.org**

